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People's Bank;

a Bank where all may feel at home; a place where those of moderate means may expect the same treatment as those more favorably situated.

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...BEST QUALITIES. LOWEST PRICES...
Try our Mountain Dew Rye Whiskey, $2.00 per gallon.
Apple Brandy, $2.00 per gallon.
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NEW FALL DRESS GOODS.

36-inch Wool Dress Goods, small checks, shadow plaids and solids. 50 cents a yard

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54-inch plain Broad Cloths, strictly all wool, special quality. 85 cents a yard

36-inch Black Panama, guaranteed all wool, special quality, at 50 cents a yard

50-inch Black Panama, better quality 75 cents a yard

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36-inch Black Silk Peau de Soie, worth $1.25 Special at 98 cents at $1.00

10 cent Dress Ginghams in plaids and small checks fast colors, excellent value 8½ cents a yard

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ALL WORK GUARANTEED.
Teeth Extracted Without Pain By Our Vegetable Anaesthetic

Try our Flexo Plates—the best and only perfect fitting sets of teeth made. Crown and bridge work of all kinds a specialty.

Nervous people and those who dread having their teeth extracted or other work done, are earnestly invited to call at our office, where we will demonstrate to their entire satisfaction our claim for PAINLESS DENTISTRY.

If in need of dental work, call and talk with us—we will advise and explain matters to you, tell you just what you should have done and what the cost will be. We make no charge for the examination and consultation. It is our pleasure and places you under no obligation to engage us for your work.

Baltimore Dental Association,
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The Pulpit

SERMON BY THE REV. IRA W. HENDERSON

Subject: **Contemplation.**

Brooklyn, N. Y.—Preaching at the Irving Square Presbyterian Church on the theme, "Contemplation," the Rev. Ira Wemmell Henderson, pastor, took as his text Ps. 46:10, "Be Still." He said:

This is a call to quietude. It is an invitation to meditation in the midst of a busy world. It is a summons to contemplation. It is an appeal to men to seek satisfaction and restfulness not in commodities but in thoughtfulness, in mental, physical, spiritual tranquility before God. And it is needed.

Noise abounds. Cacophany is contemporaneous. Racket is as noticeable as anything in the order of the days. Hubbub, confusion, clamor, these are the concomitants of our modern, especially of our modern urban, life. It would almost seem as though din were demanded. City life is characterized by its diversity of sounds, by its confusion. And that which is a feature of city life is, sadly, altogether too increasingly becoming the rule in suburban life. The countryside is receiving the evil influence of the commotion of the city. The noises of the city seem to penetrate with too much frequency and insistency into the solitudes of nature. And we cannot easily escape.

Our life is strife. Man's career is one of turmoil to a great extent. We must in some measure live in the midst of the bustle, the hurry, the rush. The incessant roar is of necessity. In some measure, an attendant circumstance of our manner of living. It is largely inevitable.

But noise is not all that is needed. Neither is it always a sign of efficiency. A certain amount of din may be inescapable. But it is no guarantee of effectiveness. In fact the opposite of this is the truth. Noiselessness is both desirable and indicative. The stars rush through the heavens in their age long courses silently, majestically, tremendously. Their speed is appalling, their energy is beyond human comprehension. And withal the movement of the spheres is as noiseless as silence itself.

That which is characteristic of the motion of the celestial globes is the aim of the endeavors of the mechanicians. The desire mechanically is to attain noiselessness. We have learned that noise is largely lost motion. And so the energy of the mechanical engineer is to reduce friction, to abolish noise, to secure quietness in the working of machinery.

What is true of the world of mechanics is true of the crowd. The people who make the most noise are not the ones who do the most work—generally. The man who fusses is not the man who is accomplishing the most. Disturbance, disorder, excitement are not indications of effectualness. The man who is busiest is not the man always who gives the casual observer the impression that he is expending energy. The man who shouts the most is not always the man who is accomplishing the most. Disturbance, disorder, excitement are not indications of effectualness. The man who is busiest is not the man always who gives the casual observer the impression that he is expending energy. The man who shouts the most is not always the man who is accomplishing the most. There is a lesson for us in every man, in every crowd, in the noise and the roar itself. We need but, in the face of humanity, to be still before God and await His revelations in order to enter into enlarged knowledge and into the perception of increasing visions.

In the face of many-sided nature we may read the lessons God has for us to learn. But we cannot learn the most enduring lessons until we see in nature not an end in herself, but rather a means to an end. We cannot enjoy the divinest blessings until we shut out even nature itself, with all its loveliness, its beauty and its charm, and in solitude and expectancy wait in stillness upon God.

The loudest prayer is not the prayer that brings the greatest blessing. The oft repeated words are not the surest of reply. The prayer that tells God what we need is not always the most acceptable or the most efficacious. We are most blessed of God in prayer when we are simply still. Our Father knoweth knowledge of our necessities before we ask. It is a good thing for us to be constantly in an attitude of receptivity toward God. If we would talk less to God and let God speak more to us we should be better off. We learn from all the facts of the kingdom in prayer that it is not too voluble. He is a wise Christian who lets God speak to him. That is to say, he is wisest who is prayerfully contemplative.

Relaxation is as necessary as rush. The man who is continually rushing himself is the man who is cumulatively wearing himself out. His end is at hand. None of us is a better man because of over-exercise. Nothing is more dangerous than to destroy to-day the vital forces that are stored up for to-morrow's use. Men cannot escape the necessity of periods of rest. They cannot live without it for long. Every man must, for his own self-protection, now and then withdraw himself from the world. And that which is true of the physical man in his material relations is equally so of humanity in its intellectual and spiritual departments. We must have intellectual relaxation. To rush into the brain is to invite the madhouse. To rush into the soul is to invite spiritual weariness. Men must have relaxation.

And it is in these hours of stillness, of relaxation, of recuperation, of communion and contemplation that the soul of man enjoys growth and invigoration.

Much as we may grow in the midst of the conflict and the noise we do not expand in the fullest measure except in our hours of communion and contemplation. Then it is that we see with the clearest vision, then it is that we comprehend the vasty truths of God's kingdom. And as we do not enjoy the fullest growth except in our times of contemplation so true is it that we are truly invigorated by our moments of communion. The rush may give us the strength that comes from excitement and endeavor, but it is but a momentary strength. It is inevitably followed by reaction. Turmoil and tremendous endeavor may minister sustentation for the time to our nervous force, but it is in the hours of contemplation, of quietude, of communion that we are really invigorated, that we find true rest.

"Be still." May God give us all the wisdom to be still and learn from Him, learn that He is God.

The Best Side.

Most of us show our best side to children. We do so because we know that they do not believe us to have any other side, and we have no desire disappointing them, and from losing their good opinion. A child has not learned to look for deceit and unkindness or double dealing. Therefore grown people who think at all are sure careful to be more scrupulously truthful to children, and to keep to their promises and to show children, that they are to older ones who, as they know, "will make allowances." A thoughtful child does not make allowances" for evil. He knows no reason why it should. Hence, unconsciously a grown man or woman seems to have retained that measure of confidence in the best side of everyone. And to such a man or woman we all try to show our best; when we are with them we try to be our best. Suppose we all lived with each other as with children! * Would the world be better or worse for it? The Kingdom of Heaven has been said to be of such.—Church Herald.

How to Avoid Evil Thoughts.

How shall we avoid evil thoughts? First, by fear of God—an awful thought! A man, to avoid impure, is conscious of your contamination, and knowing that he cannot hope will keep us strong against passion, as they keep you, from sharing in its sufferings "who, for the joy that we set before Him, endured the cross, despising the shame."

Secondly, by the promises of God. Think of what you are—a child of God, an heir of heaven. Realize the dignity of your calling, and you will shrink from degrading your soul and debasing your spirit. It is in reading saintly lives that we are ashamed of our unholy desires. * * * Seek exercise and occupation. * * * Commune in memory and essays of Scripture. Let him store his mind with these as safeguards. Let these be to him the sword, turning every way to keep the garden of life from the intrusion of profaner footsteps.—Rev. F. W. Robertson, D. D., in Church Forum.

Eyes That See Not.

There are some men to whom it is true that there is no God. They cannot see God, because they have no eyes. They have an aborted organ, atrophied by neglect.—Henry Drummond.

Worn Off.

One day, after the brakeman had been pointing out the scenery and explaining the scenery, one of the passengers whispered to the conductor: "Conductor, is that guy a fool?" "No, he isn't," he answered. "He's only been that way since he lost his finger!"

"That's just it, ma'am. He is a good fellow. He is so obliging that he just wore his finger off pointing out the scenery along the line."—Denver News.

Would Leave Europe Unscorged.

Looking up from his magazine, a farmer said vehemently to his wife one night:

"Do you know what I'd have done if I had been Napoleon?"

"Yes," she answered. "You'd have settled down in Corsica and spent your life grumbling about bad luck and hard times."—Kansas City Journal.

THE SUNDAY SCHOOL.

INTERNATIONAL LESSON COMMENTS FOR APRIL.
THE REV. I. W. HENDERSON.

Subject: **Jacob's Vision and God's Promise, Gen. 28:1-5, 10-22—Golden Text: Gen. 28:15—Memory Verses, 13, 14.**

This story of the journey of Jacob from his father's house to get him a wife is replete with lessons that are supremely valuable for us to-day. We shall be very foolish if we spend our time in disputation over the chronology or the possibility of the events depicted in this record, while we miss the interesting, beautiful truths contained in it.

Isaac's trust in the ability and willingness of God to continue to the son and to fulfill the promises that he had made to him, is the first message that we should take into our hearts. There is no one of limitation or of questioning in the blessing that Isaac pronounced upon Jacob, for thee out, into a proper and wisely selected country, and seek a wife; and God bless thee with the blessing of thy fathers. So Isaac speaks to Jacob. There is no doubt in his mind concerning the efficiency of God. He has full faith in the Divine fidelity.

The vision that came to Jacob, as he lay asleep with stones for his couch, contains three striking lessons: First, of the Divine policy; second, of the Divine contiguity; third, of the Divine personality.

In the dream Jacob is certified, first of all, of the reality of God. The ladder stretching from earth to Heaven, with the angels of Jehovah ascending and descending upon it, is but an incident in the dream. We shall be unwise if we allow this to obscure our clear vision of the Lord. Behold, the Lord stood above it." the sacred writer tells us. And that is the first fact that the dreamer is certified to Jacob, the fact of the reality of God. The ladder was to direct his attention to God. The angels ascending and descending had their impulse from the God whom Jacob discerned at the top of the ladder. They were to Jacobs the Divine means and method of communication. They were incidental to the discovery, in a peculiar fashion, to the mind of Jacob, of the fact that God is. No man can do much for God unless he has a lively consciousness of the actuality of God. No man can be expected to have respect for Divine decrees and Divine promises until he has had a vision of divinity. We cannot have reverence, adoration, love for a being of whose existence we are not conscious. It was necessary that Jacob should have a vision of God for himself; a special, intimate, personal comprehension of the reality of God. What was necessary for Jacob, what proved of such value in his life, that is necessary in the life of every man, and it will be inspirational to every soul to which it is experiential.

Jacob, further, was assured in his dream of the fact of the Divine contiguity; that is to say, of the Divine nearness. God was not so far away that He could not be seen. He was just at the top of the ladder. He was clearly and easily visible. Jacob had but to open his eyes and look into the vision of Jehovah. The Lord was not so far away that He had to discern the lineaments and to hear the sound of the voice of Jacob. A child has not learned to look for deceit and unkindness or double dealing. Therefore grown people who think at all are sure careful to be more scrupulously truthful to children, and to keep to their promises and to show children, that they are to older ones who, as they know, "will make allowances." A thoughtful child does not make allowances" for evil. He knows no reason why it should. Hence, unconsciously a grown man or woman seems to have retained that measure of confidence in the best side of everyone. And to such a man or woman we all try to show our best; when we are with them we try to be our best. Suppose we all lived with each other as with children! * Would the world be better or worse for it? The Kingdom of Heaven has been said to be of such.—Church Herald.

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Piedmont-Bedford Concentrated Iron and Alum Water

Contains such a remarkable combination of natural minerals that it has made a reputation for itself by curing Chronic Diseases after many other treatments had failed.

Its equal cannot be found in the treatment of Indigestion, Rheumatism, Catarrh, Kidney and Bladder Troubles, Female Complaints, Malaria, Nervousness, Stomach and Bowel Disorders, Piles, Inactive Liver, Scrofula, and other Blood and Skin Diseases.

We do not claim that one bottle of this Water will cure a disease of long standing, as this would be impossible, but we have such confidence in what will be the result if used a reasonable length of time, that we sell it with a guarantee.

This Water is simply a natural treatment for Chronic Diseases, and is by no means a patent medicine. Ily its use you can be cured in your own home at the cost of 2c. per day even better than if you lost several months time and spent several hundred dollars in going to the Springs.

It is not necessary for us to go to California to get testimonials. We have them from people you know, and want you to read every one given below.

TESTIMONIALS.

My wife suffered for twenty years with falling of an ulcerated womb, and was bed-ridden for five years; was treated by different physicians with only temporary benefit. Twelve months' use of P-B. Concentrated Iron and Alum Water made a perfect cure. She gained thirty pounds in flesh. I regard it as the most valuable remedy known for female and other troubles.

Gus. J. Burford, Naiola, Va.

About 22 years ago I contracted blood poison, and it clung to me through all those years, until I used P-B. Concentrated Iron and Alum Water. I am now in perfect health, and have gained 35 pounds in weight. I also suffered from Bleeding Piles, and obtained no permanent relief until I used this remedy. I must be permanently cured now, as I have had no need to use the water for the past two years.

Robert Nunnally,
Amherst, Va.

I have lived in the neighborhood of the P.-B. Iron and Alum Springs for many years, and can testify to the merits of the water as a tonic, and a sure cure for Scrofula and other Blood Troubles I have also heard it highly recommended for female troubles, and my father used it for throat trouble with great benefit.

Mrs. Sallie C. Nance,
East Radford, Va.

I am glad to inform you that the Concentrated Water put up by your Company has been of great value to my daughter. She was in a very weak and nervous condition before using the water, and two bottles made her almost a new woman. I am satisfied that it is a valuable remedy and should be met with a large sale.

Joel H. Cutchin, Mayor,
Roanoke, Va.

I suffered from Indigestion to such an extent that it was for weeks that I could not eat anything but the lightest of diet; could not even eat bread. Dr. Coke prescribed your Concentrated Iron and Alum Water, which I have used for several months, and the results are that I can eat almost anything, and my Indigestion is cured.

Mrs. J. F. Hinton,
621 Oxford St., Danville, Va.

My son, who was suffering with Indigestion to such an extent that he had no appetite, and his face was muddy, used one 15-oz. bottle of your Concentrated Water, and it gives me pleasure to state that it had the effect to clear up his skin, give him a good appetite and make him healthy. I consider it a valuable water.

Harry Wooding, Mayor,
Danville, Va.

After taking your Concentrated Iron and Alum Water myself, and using it in my family with fine results, I do not hesitate to recommend it as one of the best medicines to be found. We use it as a tonic, for Dyspepsia and Blood Trouble, and regard it as invaluable.

J. J. Lawson,
Cash'r Bank of South Boston,
South Boston, Va.

I have recently used your Concentrated Water in several cases of very satisfactory results. My wife is taking it at present for a form of Indigestion, and is pleased with it indeed. She says that she can feel the soothing effect upon the stomach in a short while after taking a dose.

J. M. Shackleford, M. D.,
Martinsville, Va.

After using an 18-oz. bottle of your P.-B. Concentrated Iron and Alum Water, I feel that I can speak too highly in praise of it for curing it a few days. I could say that it was doing me much good while my general health was uniformly good, I have suffered considerably from intermittent attacks of Rheumatism, especially in the fall and winter months, and had not had a pain since using the preparation, which undoubtedly will ventured the recurrences of the disease. It is my opinion not only a good tonic, but a sure blood purifier as well.

John T. Loving, Mayor,
Pulaski, Va.

For more than five years I have been troubled with Chronic Diarrhoea and Stomach trouble, and have spent a small fortune for medicines and actually believe that I am permanently cured. I believe it is everything it is represented to be and recommended for.

J. W. Keatley,
Chief of Police,
Hinton, W. Va.

We have every reason to believe that what this Concentrated Water has done, and is doing, for other people, it will do for you, and you will do your part by giving it a fair trial which will cost you but little unless results are satisfactory.

This Concentrated Water for Chronic Diseases, because it contains 20 different minerals, which are adapted to every organ of the body, and, when it is used, there is no drug, no harsh purgative, no injurious cathartic to irritate and inflame the delicate membranes of the stomach, bowels and kidneys, but a prompt and healthful action of all the secretory organs, which will give you health and strength.

Piedmont Springs is an important part in the Piedmont-Bedford Medical Discovery in the cure of Chronic Diseases of the stomach, bowels and kidneys. Even in cases where the Concentrated Water has failed to give satisfactory results, the Piedmont Springs Medical Discovery" has never failed to cure. In Catarrh, whether of the head, throat, stomach or bowels it will yield to this sovereign remedy. In Catarrh of the Nasal passages, it is well, known that the "Golden Medical Discovery"